VEGGIE *delight*

This dish is the perfect example of how we can make small adjustments to suit the whole family. Served on wholewheat noodles for the teenagers which they both enjoyed thoroughly. While hubby and I had ours on wild rice. I don't even think they realized they were eating the same meal as us. Much to my delight.

SERVES
4 PEOPLE

PREP TIME
5 MIN

COOK TIME
15 MIN

TOTAL TIME
20 MIN

INGREDIENTS

- Thumbsize piece of ginger, grated
- 3 cloves of garlic, diced
- 1 Bunch spring onions, chopped
- 1 Chilli, diced
- 1 Red pepper, chopped
- 150g oyster mushrooms, chopped (or another variety of choice)
- 1 baby marrow, chopped
- Cup of bean sprouts
- Cup of chopped kale
- Cup of chopped sugar snap peas

Sauce:

- 400ml coconut milk
- 100ml orange juice
- 4 tablespoons tamari
- 2 tablespoons tahini
- Juice of half a lemon

INSTRUCTIONS

1. Chop your vegetables.

2. Dry fry the garlic, ginger, spring onion and chilli in a pan, adding water as needed for approximately 4 minutes.

3. Add the remainder of the vegetables, mix well and add 1/3 teaspoon of salt and close the pan with the lid and cook on medium heat for 5 minutes.

4. Blend the sauce ingredients and add to the pan and cook with the lid off for a further 4-5 minutes.

5. Serve on your grain or pasta of choice.

NUTRITIONAL INFORMATION

MAKES 4 PORTIONS

CONTAINS:

195 KCAL
7G PROTEIN
12.5G FAT
14G CARBS
4G FIBRE

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